



# A CITY In A PARK



Little Rock Parks & Recreation Newsletter

July 2015

## Director's Message

Greetings from Little Rock Parks and Recreation! If your summer is anything like ours, it is in full swing! Our Summer Playground Program is in its 95<sup>th</sup> year. Can you believe it? This year we have over 1,200 children enrolled in our program. These youth enjoy all sorts of activities from morning to evening...playing ball, visiting museums, cooling off in our splash pads, learning history and science, fishing and more!

As you can imagine, we have served thousands upon thousands of children over the decades...many of them returning year after year, many of them following in the footsteps of family generations before them. We are thankful to our supporters, sponsors and staff for the many successful years of our Summer Playground Program. From the day registration opens to the end at our Summer Bash, these students are educated, energized, and entertained because of caring individuals who continue to support us. I believe this program is a gem...and we are thankful we can offer this to Little Rock families. I would also like to invite you to our Summer Bash, July 20 at the Riverfront Amphitheater to see these children shine and show off some of their talents!

Another anniversary we celebrate this summer at Little Rock Parks and Recreation is 35 years of Interstate Ball Park. This complex has a rich history and is home to our Adult and Youth softball programs, and the Little Rock Kickball Association. The legendary Busch Classic took place here and we continue to have nationally recognized award-winning umpires. Our Spring Adult Softball season just finished last week...and we are already planning our Fall season. Come on out and join us as we continue to celebrate another great year of Interstate Park.

With July comes the Independence Holiday and I hope you will be able to enjoy some time doing what you love with family and friends. Our swimming pools will be open, our parks are ready for your picnic. Wishing you a safe and spectacular 4<sup>th</sup>...See you at the Park!

*Truman Tolefree*



Ms Arkansas Senior America 2014, Karen Cagle tickles the ivories at the East Little Rock Senior Center during a recent visit. She and fellow pageant winners spent an afternoon with our seniors enjoying great conversation and sharing their talents!



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# Beat the Heat!

**Heat exhaustion** is a heat-related illness that can occur after being exposed to high temperatures. Often it is accompanied by dehydration. There are two types of heat exhaustion:

1. Water depletion. Signs include excessive thirst, weakness, headache, and loss of consciousness. 2. Salt depletion. Signs include nausea and vomiting, muscle cramps, and dizziness.

Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death.

## Common Symptoms of Heat Exhaustion

Confusion	Pale Skin
Dizziness	Fainting
Fatigue	Headache
Rapid Heartbeat	Profuse Sweating
Nausea or vomiting	Diarrhea
Dark-colored urine (a sign of dehydration)	
Muscle or abdominal cramps	



The longest running junior golf tournament in the state returned for its 31st year to Rebsamen Golf Course. The Bruce Jenkins Memorial brought 88 young golfers ages 12-18 to vie for the trophy. This year 15-year-old Elizabeth Moon made history as the first player to ever retire a trophy. She won in 2012, 2014 and 2015.



Charles Summers waxes a sculpture in the River Market. Summers and his team from Loreal spent their Day of Service volunteering in our Sculpture Garden in Riverfront Park.

## City Champs

Another great season of adult softball came to a close at our annual City Championship on June 25 at Interstate Park. Parks and Recreation Staff grilled more than 900 burgers and hot dogs for everyone to celebrate! This year 500 players made up 33 Co-Ed, Womens' and Mens' teams. Congrats to our title-winning teams!



Upper Co-Ed: Just Us



Lower Co-Ed: Scared Hitless



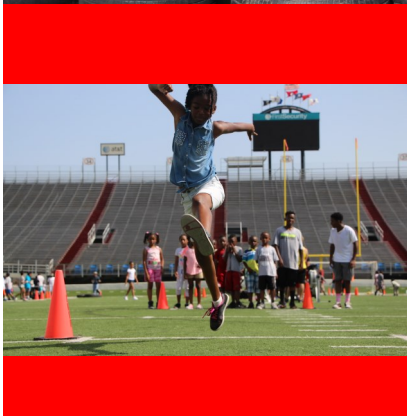
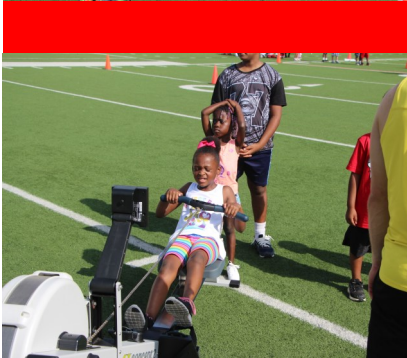
Womens': JWP



Mens': Buschwackers



## Summer Playground Program Takes on Olympic Day!



## Junior Park Ranger Program Kicks Off

This summer we launched an exciting new program at Little Rock Parks and Recreation —our Junior Park Ranger Program! This weeklong summer camp's mission is energize, engage and educate 6-17 year olds about the natural environment in Little Rock's park system.



## Drain Smart Unveiling Reception

Hours of hard work and dedication were praised at the Drain Smart unveiling reception held June 9 at the Arkansas Arts Center. Each artist had the chance to visit with the guests and fellow artists. Public voting opened at the reception and throughout the month, fans cast their votes online for their favorite drain murals. Voting closed the last day of June and the winners will receive their prizes in July.



## Happy July Birthday to these staff members:

Ron Ross	Stephen McBride	
Robbie Hudson	Gloria Hall	Carmen Clark
Adam Gadberry	Michael Murrell	Ken Rouse
James Hunter	Vincent Miller	Grant Morris



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## Contact Us

Give us a call, send an email or visit our offices at City Hall. We welcome your comments!

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